

What Is My Learning Style?

People learn in different ways. This assessment may help you understand your learning in different types of classes.

Score each item and then total each column.

1 – Seldom or Never

2 – Sometimes

3 - Often

- _____ I remember better if I write it down.
- _____ Looking at a person helps keep me focused.
- _____ I need a quiet place to get my work done.
- _____ When I take a test, I can see the textbook in my head.
- _____ Music or background noise distracts my attention.
- _____ I doodle in the margins of my notebook.
- _____ I have trouble following lectures.
- _____ I react very strongly to colors.

A	Total

- _____ My papers and notebooks always seem messy.
- _____ I do not follow written directions well.
- _____ If I hear something, I will remember it.
- _____ Writing is difficult for me.
- _____ I often misread words from the text.
- _____ I would rather listen and learn than read and learn.
- _____ Pages with small print are difficult for me to read.
- _____ My eyes tire quickly, even though my vision check-up is ok.

B	Total

- _____ I start a project before reading the directions.
- _____ I hate to sit at a desk for long periods of time.
- _____ I prefer to see something done and then do it myself.
- _____ I use the trial and error approach to problem solving.
- _____ I like to read my textbook while riding an exercise bike.
- _____ I take frequent study breaks.
- _____ I have a difficult time giving step-by-step directions.
- _____ I enjoy sports and do well at several types of sports.

C	Total

If **A** is your highest score, you may be a
Visual Learner

If **B** is your highest score, you may be a
Auditory Learner

If **C** is your highest score, you may be a
Kinesthetic/Tactile Learner

A score of 18 or more indicates a strength in that area. The Learning Style with the highest score indicates the most efficient method of information intake for you.

My preferred Learning Style is:

What does this mean?		
Visual Learning Characteristics	Auditory Learning Characteristics	Kinesthetic Learning Characteristics
<ul style="list-style-type: none">likes to readusually a good spellermemorizes by seeing graphics or picturesfinds verbal instruction difficultremembers facesdoodlesnotices details	<ul style="list-style-type: none">enjoys talkingeasily distractedhas difficulty with written directionsenjoys musicdistracted by noiseoutgoing by naturelikes to listen to other readers	<ul style="list-style-type: none">enjoys doing activitiestaps pencil or foot when studyingwill try new thingsuses hands while talkingreading not a priorityoutgoing by nature; expresses emotionsspelling may be difficult

Adapted from the Delaware Career Compass